



Quick Banana Nut Bread

 Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 bananas ripe mashed
- ☐ 4 eggs
- ☐ 3.5 ounce vanilla pudding mix instant
- ☐ 1 cup pecans chopped
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup water
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

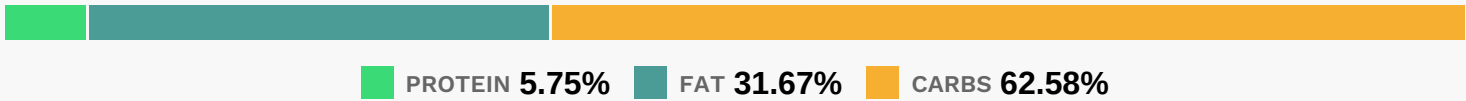
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray 2 9x5-inch loaf pans with cooking spray.
- ☐ Mix cake mix, pecans, bananas, water, vegetable oil, pudding mix, and eggs together in a large bowl with an electric mixer until evenly blended.
- ☐ Pour half the batter into each of the prepared loaf pans.
- ☐ Bake in the preheated oven until a toothpick inserted in the middle of each loaf comes out clean, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:4.05, Glycemic Load:1.66, Inflammation Score:-2, Nutrition Score:5.788260900456%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 230.48kcal (11.52%), Fat: 8.29g (12.75%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 36.84g (12.28%), Net Carbohydrates: 35.37g (12.86%), Sugar: 21.03g (23.37%), Cholesterol: 40.92mg (13.64%), Sodium: 290.92mg (12.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Manganese: 0.41mg (20.59%), Phosphorus: 144.26mg (14.43%), Vitamin B1: 0.13mg (8.58%), Vitamin B2: 0.15mg (8.55%), Calcium: 80.43mg

(8.04%), Folate: 31.61µg (7.9%), Selenium: 4.81µg (6.87%), Copper: 0.13mg (6.35%), Iron: 1.08mg (6.01%), Fiber: 1.46g (5.85%), Vitamin B6: 0.11mg (5.6%), Vitamin B3: 0.93mg (4.67%), Vitamin E: 0.63mg (4.23%), Magnesium: 16.85mg (4.21%), Vitamin B5: 0.39mg (3.94%), Zinc: 0.56mg (3.75%), Vitamin K: 3.79µg (3.61%), Potassium: 112.35mg (3.21%), Vitamin B12: 0.13µg (2.17%), Vitamin C: 1.36mg (1.65%), Vitamin D: 0.22µg (1.47%), Vitamin A: 72.65IU (1.45%)